



Tickets available for Senior Gala Dinner-Dance

by Bob **BALLEW**
DCHD PIO

The theme for the 11th annual Senior Gala Dinner-Dance is “Those Were The Days.” Hosted by Davis County Health Department’s Senior Services on Wednesday, April 25, 6-9 p.m., the dinner, floorshow, and dancing to live Big Band music are again the festivities planned for a senior citizens “senior prom.”

“Building on the success of the previous 10 years of galas, we’re so very fortunate to be able to tap into the musical talents of Davis High School again this year,” said Kristy Cottrell, deputy director over the county health department’s Senior Services Division. “Fortunately, the galas’ excellent reputation has become well-known throughout our county. I always enjoy the musical talents of Davis High School with all of our senior citizens who return year after year for dinner, a show, and a chance to dance to some of their

favorite tunes.”
“The price is only \$10 per person which makes this dinner-dance affordable,” said Cottrell. Tickets can be purchased at the Central Davis Senior Activity Center (801-444-2290) in Kaysville, the Golden Years Senior Activity Center (801-451-3660) in Bountiful, and the North Davis Senior Activity Center (801-525-5080) in Clearfield. April 19 is the deadline for ticket reservations.

The “Best Dress” event is in the Davis High School Commons and cafeteria at 325 South Main in Kaysville. The school’s Jazz Band along with several talented student singers and dancers perform as the Moonlight Orchestra, Moonlight Singers, and Moonlight Dancers provide a floorshow and dance music from the Big Band era.

“Of course, my staff loves it each year when our seniors come out and enjoy themselves with memorable music from their earlier days,” said

Cottrell. “We also hope that many ‘senior supporters’ decide to escort or even dance with their favorite senior relative, friend, or neighbor.”

Making this event possible are volunteers and donations from local community partners including: Davis High School, Davis High School Jazz Band and

see **GALA | 16**



BIG BAND MUSIC FILLS THE air while couples fill the dance floor during last year’s Senior Gala Dinner-Dance. Tickets for this year’s Gala on Wednesday, April 25, are now on sale. Deadline to purchase tickets is April 19.

PHOTO BY BOB BALLEW, DCHD


Upcoming caregiver events offered in April

Caregiver Educational Classes: Davis County Senior Services offers free classes for individuals who care for family members that are older and/or frail. Classes are scheduled at two different locations twice a month throughout 2018. On Tuesdays, classes will be held at North Davis Senior Activity Center (42 S. State Street, Clearfield), 2-3 p.m. On Thursdays, classes are at Golden Years Senior Activity Center (726 S. 100 E., Bountiful), 2-3 p.m. No RSVP is needed. If you have any questions, contact Megan Forbush at 801-525-5088.

Class topics for April:
• April 10 & 12:

Community Resources – Megan Forbush, Davis County Senior Services
• April 24 & 26: Deciphering Signals When Dementia “Speaks” – Teresa Strickler, RN, Home Caregiver.

Dementia Caregiver Conference: A free Dementia Caregiver Conference is being held on Tuesday, April 17, 10 a.m.-2:30 p.m., at The Hub, 801 Events Center (3525 Riverdale Road, Ogden). Check in begins at 9:30 a.m. Seats are limited. Lunch will be provided. Register by April 10 by calling Sonia at 801-525-5105 or online at <http://bit.ly/demcarecon>.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
	CD – Crazy Quilters 10 Tai Chi 1 Game Day 2 GY – Sit n Fit 8:30 Dancing Grannies 9 ND – Fact or Faux 11:30	CD – Lapidary 8:30 Square Dancing 12:30 GY – Zumba 9:30 Craft Class 12:30 ND – Tinker Tuesday 10:30 Shopping 12:30	CD – Water-color 9:30 Book Club 1 GY – Senior Social 11:15 Positive Aging 4:45 ND – Blood Pressure 10	CD – Wire-wrapping 8:30 Shopping at Bowmans 12 GY – Sing-a-long 10:30 Grocery Shopping 12:30 ND – Pinochle 10	CD – Arthritis Exercise 9 Movie 12:30 GY – Stained Glass 9 Line Dancing 9:30 ND – Texas Hold 'em 12	
8	9	10	11	12	13	14
	CD – DUP 10 Bingo 10:15 Game Day 2 GY – Stained Glass 9 Pencil Art 9 ND – Texas Hold 'em 12 Bingo 12:30	CD – Tai Chi 9:30 Reiki 10:30 GY – **Legal Consultation by appt. 10 Craft Class 12:30 ND – Blood Pressure Clinic 10:30	CD – Memory Magic 10:30 Ceramics 12 GY – Sit n Fit 8:30 Line Dancing 10 ND – Tech Lab 10 Food Bank	CD – Lifetime Fit 9 Chair Tai Chi 10:30 GY – Blood Pressure 11 ND – Medicare Fraud 11:15 Movie 12	CD – Arthritis Exercise 9 GY – Stained Glass 9 Howard's Band 11:30 ND – Texas Hold 'em 12 Bingo 12:30	
15	16	17	18	19	20	21
	CD – Oil Painting 9 Tai Chi 1 GY – Dancing Grannies 9 Yoga 10 ND – Texas Hold 'em 12 Bingo 12:30	CD – Amy Wilkerson – Caregiving can by humorous 11:30 GY – Wood-carving 9 ND – **AARP Smart Driving Class 10	CD – Bingo with Life Spring 10:15 GY – Senior Social 11:15 ND – Blood Pressure 10:30 Wii Wednesday 10:30	CD – **Tulip Festival and Lunch 9 GY – Sit n Fit 8:30 Shopping 12:30 ND – Boredom Buster Games 10:30	CD – Crossword 11 Ceramics 12 GY – Tai Chi 9:30 Golden Years Jazz Band 10:30 ND – Senior Stages Play 10:45	
22	23	24	25	26	27	28
	CD – Bingo 10:15 Blood Pressure 10:30 GY – Line Dancing 10 Bingo 12:30 ND – Craft Class 12:30	CD – Lapidary 8:30 Square Dancing 12:30 GY – Zumba 9:30 Book Club 12:30 ND – Quilters 10 **Foot Clinic by appt.	**Senior Gala 6-9 p.m. CD – Water-color 9:30 GY – Ceramics 9 ND – Tech Lab 10 Food Bank	CD – Tai Chi 9:30 Food Pantry 12 GY – Sit n Fit 8:30 Arthritis Class 12:30 ND – Pinochle 10 Theatre Thursday 12	**CD, GY & ND April Birthday Party CD – Internet 101 9:30 GY – Howard's Band 11:30 ND – Texas Hold 'em 12	
29	30					
	CD – Game Day 2 GY – Stained Glass 9 Oil Painting 1 ND – Health Tips with Gina 11:30 Bingo 12:30					
** Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)						

CD ~ Central Davis
(801) 444-2290
81 East Center Street
Kaysville, UT 84037

GY ~ Golden Years
(801) 451-3660
726 South 100 East
Bountiful, UT 84010

ND ~ North Davis
(801) 525-5080
42 South State Street
Clearfield, UT 84015

EnhanceFitness begins at Central Davis Senior Activity Center

by Priscilla **ANGULO**
DCHD Senior Services

The EnhanceFitness class is coming to Kaysville at the Central Davis Senior Activity Center. EnhanceFitness is a national, evidence-based physical activity program geared to keeping seniors moving. The class focuses on improving cardiovascular health, muscle strength, flexibility, and balance.

A typical class is one hour long and begins with a 5 minute warm up, 20 minutes of cardio, and a 5 minute cool down; followed immediately by 20 minutes of strength training and 10



minutes of stretching.

Classes will meet on Mondays, Wednesdays, and Fridays. Participants are encouraged to attend as many classes each week as possible. The classes will begin Monday, April 16, 9:30 a.m., at the Central Davis Senior Activity Center (81 E. Center St., Kaysville). Pre-registration is required. A suggested donation of \$2 per class or \$15 a month is requested.

The class caps at a maximum of 25 participants. Please call Central Davis at 801-444-2293 to pre-register.

Medicare 101 classes scheduled in April, May

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

- Monday, April 9, 6:30-7:30 p.m. – Kaysville Library (215 Fairfield Road,

Kaysville)

- Wednesday, May 16, 6:30-7:30 p.m. – Clearfield Library (562 S. 1000 E., Clearfield)

For more information about the Medicare 101 classes, contact Jackie Smith at 801-525-5082 or jmsmith@daviscountytah.gov.

Seniors should file their taxes early

by Grant **JOHNSON**
RSVP Volunteer

There are many reasons to file your taxes early instead of waiting until the April deadline. This includes avoiding tax fraud and identity theft.

Filing your taxes early may help prevent criminals from filing a fraudulent return in your name. Once your Social Security number has been used it can't be used again without the taxpayer filing an IRS identity theft affidavit (Form 14039). This form prevents a refund from being issued until it is verified whether someone else has stolen your identity.

In 2012, the IRS reported 642,000 tax returns affected by identity theft. If a thief has stolen your identity, you could be left to deal with collection agencies, audits, and aggressive tax collection from the IRS.

Filing early can mean you could get a refund

sooner. If you owe the IRS, it allows you time to save the money needed since you can file early but don't have to make a payment until April 18.

Tax time is a time when scammers place calls to seniors claiming to be from the IRS. Scammers attempt to deceive their victims by providing phony badge numbers and may even have the last four digits of the victim's Social Security number. They will claim the victim owes money for a prior tax year and they have been trying to contact them for months and that an arrest warrant has been issued. The scammer says they can take care of the warrant by wiring them money or providing them with a credit card number so they can cancel the warrant. Also they may become very aggressive and threaten to take away your home, your driver's license, etc. Some scams will even claim you have a refund

but they need your bank account number in order to transfer the funds.

IT'S A SCAM. The IRS will not call you on the phone or communicate through email. The IRS will only contact taxpayers by certified mail. Most scammers pressure their victims by demanding payment immediately. Don't make a payment. First check the IRS website to see if it's a scam or not.

In addition to the IRS scam, seniors may face Medicare Fraud. Medicare Fraud occurs when scammers use a person's Medicare number in a fraudulent manner. The best way to protect yourself from Medicare Fraud is to protect your personal information and treat your Medicare numbers like your Social Security and credit card numbers. If you feel you've been a victim of Medicare Fraud, please report it to the Davis County

see **TAXES** | 16

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New Medicare cards protect your personal information

By Medicare.gov

Starting in April 2018, Medicare will mail new Medicare cards to all people with Medicare, to help protect you from identity fraud. Fraudsters are always looking for ways to get your Social Security Number so we're removing Social Security Numbers from all Medicare cards to make them safer.

Your new card will have a new Medicare Number that's unique to you. The new card will help protect your identity and keep your personal information more secure. Your Medicare coverage and benefits stay the same.

And there's more good news – Medicare will automatically mail your new card at no cost to the address you have on file with Social Security. There's nothing you need to do! If you need to update

your official mailing address, visit <https://www.ssa.gov/myaccount/>.

Once you get your new Medicare card, take these steps to make it harder for someone to steal your information and identity:

- Destroy your old Medicare card right away.
- Use your new card.

Doctors, other health care providers, and plans approved by Medicare know that Medicare is replacing the old cards. They are ready to accept your new card when you need care.

• Beware of people contacting you about your new Medicare card and asking you for your Medicare Number, personal information, or to pay a fee for your new card. Treat your Medicare Number like you treat your Social Security or credit card numbers. Remember, Medicare will never contact you uninvited

to ask for your personal information.

5 things to know about your new Medicare card

1. Mailing takes time. Your card may arrive at a different time than your friend's or neighbor's.
2. Your new card is paper, which is easier for many providers to use and copy.
3. If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare – you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
4. Only give your

new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.

5. If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.

For more information about your new Medicare card, visit <https://www.medicare.gov/forms-help-and-resources/your-medicare-card.html>.



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GALA

Continued from page 14

student supporters, Davis Behavioral Health, and the Davis County Health Department staff.

Senior Gala Dinner-Dance

Date: Wednesday, April 25, 2018

Time: 6-9 p.m.

Location: Davis High School Commons (Kaysville)

Tickets: \$10 per person. (Purchase deadline is April 19.)

TAXES

Continued from page 15

Senior Medicare Patrol at 801-525-5050 option 5.

It is important to protect all your personal information all year long, such as:

- Have a free credit

report run once a year to see that no one has stolen your identity.

- Don't transmit sensitive information over an unprotected Wi-Fi network.
- Don't place documents with sensitive information in your mailbox or in your car.



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Topics Include

Dementia Overview
Caring for the Caregiver
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Resources available in your area
Q&A with a panel of experts

Seats are limited

Register by April 10, 2018

Lunch will be provided

There is **no cost** to attend!



Register at: <http://bit.ly/demcarecon>

Or register by phone:

For the conference in
Weber/Davis Area call
Sonia: (801) 525-5105

April 17, 2018
Check in at 9:30am
10:00am - 2:30pm

@ THE HUB 801 EVENTS CENTER
3525 Riverdale Rd,
Ogden, UT 84405